



The Tiverton Senior Center

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JUNE 2021



FUN FACTS ABOUT JUNE:

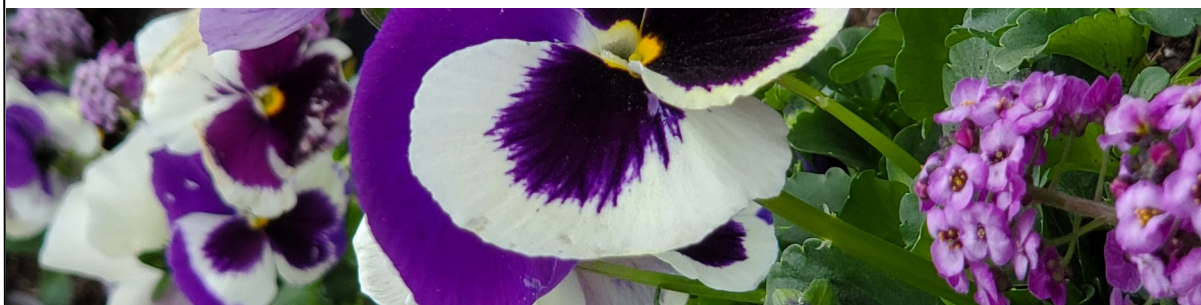
June is the month with the longest daylight hours of the year in the Northern Hemisphere, conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.

1. June's birthstone is the pearl, the Moonstone and the Alexandrite.
2. The June birth flower is the Rose and the Honeysuckle.
3. In 2009 June was the 662 most popular name for girls in the USA.
4. June is derived from Juno, the goddess of marriage.
5. In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?!



June is international men's month. **Father's Day is Sunday, June 20th**

June is **accordion awareness** month, as well as candy, dairy and papaya month.



URI Pharmaceutical Outreach Program will be returning for their monthly presentations on **Thursday, June 10th at 10 A.M.** Their topic this month is "**Dr. Oz**" Dr. Oz is an influential physician who features products on his daytime television show. He and others like him often mislead the public with medical treatments that have no scientific evidence. Learn the truth behind his recommendations and how to remain skeptical of "miracle drugs" promoted on medical talk shows.

Janet Holmes
Director

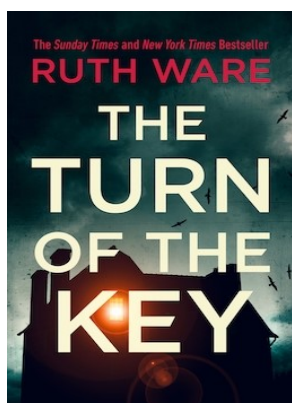
Rosalie Burton
Assistant Director

Patty Lavoie
Office Assistant

Ray Benoit
Bus Driver

Manny Fontes
Phil Ferreira
Maintenance

Michele Blanchette
Dining Assistant



TIVERTON LIBRARY SERVICES presents "Words for Wisdom" a Book Club hosted by Tiverton Library's Maureen Iwanski. We will meet on **Tuesday, June 15th at 10 A.M.** Our book for June will be: **Ruth Ware's psychological mystery called "Turn of the Key."** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. We meet on the **3rd Tuesday of the month. All are Welcome!**

ACTIVITIES AT A GLANCE

Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:15 a.m. \$3

Quilting for Charity meets every **Monday at 10 a.m.**

Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.

Drums with Jessica-Tuesdays at 1:30 p.m. Class fee is \$3 per class.

Tiverton Library Services sponsored Book Club Tuesday, June 15th at 10 a.m.

Shirley's Stress Reduction/Meditation Class –Wednesdays at 10:15 a.m. FREE-5 week class

Balance Class with Jess-Thursdays at 8:45 a.m. Class fee is \$3 for members

Center Meetings will be held on (fourth Thursday) **Thursday June 24th at 10 a.m.**

Nurse – will be taking blood pressure readings on Third **Thursday at 11:30: June 17th**

Birthdays for the month are celebrated on the **third Thursday: June 17th**

BINGO-Now on Thursdays!!! 1:00 PM

URI Pharmaceutical Outreach-Second Thursday of the month, June 10th at 10 A.M.

Knitters for Charity-Thursdays at 1:00 p.m.

Zumba with Jessica—Friday's at 9 a.m. Fee is \$3.00 per class

Mahjong @11:30 a.m. on Fridays

Cribbage @ 1:00 are played on **Fridays. FREE and looking for players!**



Members pay
\$3 for classes.
Non-members
pay \$6 for
classes. Become
a member for
\$5 a year and
save money!!



SHIP~ SENIOR HEALTH INSURANCE PROGRAM

Donna Macomber meets with folks weekly on Tuesday mornings to assist with health insurance/Medicare needs. Call her directly at 401-644-3317 to schedule your appointment. She can also be reached via e-mail: pmpsc@outlook.com

Foster Grandparents/EBCAP: Diane Palmer

Diane Palmer will meet with anyone interested in volunteering. Diane can also assist with other social service issues that are provided through East Bay Community Action Program. Diane will be meeting with folks on Fridays. She can be reached by tele via 401-435-7876 or by e-mail at: dpalmer@ebcap.org

BINGO 1:00 P.M.

Thursdays!

June 3rd

June 10th

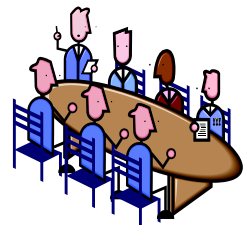
June 17th

June 24th

CENTER MEETING for the month of **JUNE** will be held on **Thursday, June 24th at 10:00**

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing. Center Meetings will be the **fourth Thursday of the month** at 10 A.M.



Help support the Tiverton Senior Center and become a member!
Only \$5 per year! Save money on classes: Members pay \$3 per class while non-members pay \$6
Makes Sense (Cents) !



June's Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 A.M. Debbie's Functional Fitness	9 AM Chair Yoga with Shirley	9 A.M. Debbie's Functional Fitness	8:45 A.M Jessica's Balance Class*	9 A.M. Zumba with Jessica
10 A.M. Quilting for Charity		10:15 Shirley's Stress Reduction/	1 P.M. BINGO!	10:15 Debbie's Functional Fitness*
	1:30 P.M. Drums Alive! with Jessica		1 P.M. Knitters for Charity	11:30 Mahjong
				1:00 Cribbage

***THREE NEW Exercise Classes will be added for June: Debbie's Functional Fitness will be back on Fridays at 10:15 a.m.; Also, Jessica will be offering a new Balance Class on Thursdays at 8:45 A.M. and Shirley will be offering a FREE Stress Reduction/Meditation session on Wednesdays at 10:15 (this class will run for 5 weeks)**

Lunches are still Bag Lunches for June; we'll keep you posted.

JUNE Birthdays!

		Laurie Mendonca	8th	Linda Miranda	17th	Cynthia Thomson	28th
		Joseph Brum	8th	Linda Gouveia	18th	Cynthia Drapaeu	28th
Del Arruda	1st	Loretta Clark	9th	Cheryl Dean	18th	John Fortin	28th
Judy Hamin	2nd	Deborah Mello	9th	Vivian Fitzgerald	19th	Gayle Lawrence	28th
Rosemary Piermont	2nd	Henrietta Richmond	9th	Carmel Bolognes	19th	Patriicia Janiak	29th
Doris Powers	2nd	Diane Mulcahy	10th	Lauren Boudreau	20th	Louise Robinson	29th
Wanda Longshaw	2nd	Judy Schubert	10th	Julie Barker	20th	Carol Castro	29th
Pauline Siebens	3rd	Gerald Southworth	10th	Linda Mello	21st	Ana Oliveira	29th
Penny Jackim	5th	Vivian Sousa	11th	Doreen DeStefano	21st	Leonor Frias	29th
William "Bill" Behm	5th	Doris Pecor	11th	Eugene Lavoie	21st	Leo Braz	30th
Natalie Oliveira	5th	Sidney Aubrey	11th	Marjorie Chace	22nd		
Richard Tavares	5th	Betty Jean McGarty	12th	Judy Fitzherbert	22nd		
Michele Callan	6th	Kathy Robinson	13th	Delores Soares	22nd		
Beverly Wilber	6th	Diane Noberini	14th	Patricia Flores	22nd		
Robert Barlow	7th	Raymond Morrow	15th	Lizabeth Cottrell	25th		
Elaine Koch	7th	Antone DaSouza	16th	Joyce Rapoza	26th		
Michele Randall	7th	Irene Spomer	16th	John Maucione	26th		
Patricia Bowlus	7th	Madeline Grace Theresa	16th	Maureen Luddy	26th		
Deborah Goetz	8th	Margaret O'Neil	17th	Gayle Lawrence	28th		
				Edith Medeiros	28th		
				Pat Souza	28th		
				Gerald Sullivan	28th		
				Linda Venier	28th		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE's MENU	1 Juice Corned Beef on Rye w/ Mustard Chips Cookie Milk	2 Juice Tuna Salad on Pretzel Roll Kettle Chips Fruit Milk	3 Juice Grilled Chicken on Wheat Roll Chips Graham Snack Milk	4 Juice Seafood Salad on Oatmeal Bread Chips Fruit Milk
7 Juice Buffalo chicken Salad on Oatnut Bread Chips Mixed Fruit Cup Milk	8 Juice Ham & Cheese on Wheat w/ Mustard Chips Chocolate Chip Cookies Milk	9 Juice Meatloaf Sandwich on Oat Bread w/ Ketchup Corn Chips Fruit Milk	10 Juice Sliced Chicken w/ Mayo on Wheat Bread Chips Yogurt Milk	11 Juice Egg Salad on a Croissant Roll Chips Cookies Milk
14 Juice Meatballs w/ Sauce on a Grinder Roll Chips Pudding Milk	15 Juice Turkey Salad on Multi Grain Bread Pretzel Cookies Milk	16 Juice Italian Style Chicken on a Roll w/ Mayo Chips Peaches Milk	17 Juice Tuna Salad Tossed Salad w/ Dressing Pita Bread Cookies Milk	18 Juice Roast Beef & Cheese on Multi Grain w/ Mayo Chips Fruit Cup Milk
21 Juice Hamburger on a Roll w/ Ketchup & Mustard Chips Pudding Cup Milk	22 Juice Crab Cake on Wheat Roll w/ Tartar Sauce Broccoli Slaw Brownie Milk	23 Juice Sliced Turkey & Cheese on a Roll w/ Mayo Chips Fruit Milk	24 Juice Low Sodium Hot Dog on a Roll w/ Relish Pretzels Lorna Doones Milk	25 Juice Italian Tuna on Oat Nut Chips Cookies Milk
28 Juice Ham Salad on a Croissant Chips Cookies Milk	29 Juice Grilled Chicken Tossed Salad w/ Italian Dressing Pita Bread Fruit Milk	30 Juice Shrimp Salad on Pita Chips Pudding Milk	<i>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging.</i>	
			<i>Call 625-6790, at least 24 hours advance to order. Suggested donation \$3.00</i>	

FOR YOUR INFORMATION...



Ray and The Tiverton Senior Center bus are back in service. Our bus will be limited to 4 riders at a time due to covid restrictions. Please call 401-625-6790 to reserve your spot. Our bus is for any Tiverton resident who is 55 or older or handicapped; it is not for individual appointment but for local shopping. It is a free service that is provided by the town. The bus will run on Tuesdays and Wednesdays. The bus will also provide transportation to and from the Center. Reservations are necessary.

Please call 625-6790 to reserve your seat. Our bus service is for the community. We do not individualize our bus trips.



FRIENDS: Come play a game or two of Shuffleboard or Billiards on our new felted table.